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PelhamNEWS

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inside



BEST IN BUSINESS
Julie Bond, a Wainfleet woman who went to the big city, won the 2009 RBC Canadian Women Entrepreneur of the year Start up Award.

See story on page 12

See Inside: **PUPP'S**

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■ OLYMPIC TORCH RELAY: Pelham's hearts aflame as Games' iconic symbol passes through town en route to Vancouver



ALLAN BENNER Staff Photo

Laurel Yama carries the Olympic torch into its last lap in Pelham as thousands of cheering spectators line the route through Fonthill.

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■ **E.L. CROSSLEY:** In the spirit of the season

Teens spread Christmas cheer

WAYNE CAMPBELL
PelhamNEWS Staff

For about 25 years, E.L. Crossley Secondary School students through their Christmas Cheer program have helped brighten the season for families across Niagara.

This year 42 families were "adopted" by the students through the Salvation Army.

It supplies lists of items for a family and a description of it such as ages of children.

The family is matched with a class of students who handle getting the items.

"They'll go shopping for toys for the young kids and clothes for older ones, for example."

This year has seen an increase in the number of families, said principal Ann Harrison. Last year there were 30.

Head of student services Dorothy Bielby has made the annual project "her baby" as the coordinator.

"The need is there, we see it growing," she said about the increasing number of families in Niagara who will receive hampers.

She said the students get right into the project as each class takes a list for a family, raises money, goes shopping and often adds extras.

For some of the students it's an eye-opener, she said. They become aware that not everyone has what they have.

The high school attracts help from outside the school.

This year the Loch Ness Links community raised \$1,500 to support the project.

The Country Corner Market made what has become an annual contribution of meat for each of the hampers, she said.

Crossley's Interact Club, a high-school affiliate of the Rotary Club, handled promotion of the project throughout the school.

On packing day last Thursday it guided the filling of the hampers. Presents were laid out on tables in the school's cafeteria numbered for each family. They also helped to deliver the hampers to the Salvation Army's drop-off point in Welland.

Sarah Kerr, president of the Interact Club, said the Christmas Cheer project is something the students really enjoy participating in.

"The response was awesome," and some unexpected donations came in such as a \$100 bill. The students enjoy selecting items for the families, she said.



Staff Photo

These members of E.L. Crossley's Interact Club, a junior Rotary Club, guided the Crossley Christmas Cheer hamper program. Through the Salvation Army, the school will assist 42 families across Niagara. Dorothy Bielby, head of student services, right, coordinated the annual Crossley tradition, which dates back to the mid-1980s.



Staff Photo

Mimi Lazaridis, Kellie Shillington, Alison Stark and Emma Degenkamp help setup hampers during Crossley Christmas Cheer. At left, Crossley Grade 11 student Emily Frost distributes mittens, scarves and hats during the set up of the Crossley Christmas Cheer hampers. Charlotte Jonsson, mother of a staff member, knitted about 70 of the hats for Crossley's project.

upfront

■ TRILLIUM GRANTS

Reno funds for Fontheil legion

PelhamNEWS Staff

WELLAND — The Ontario Trillium Foundation is awarding about \$1.2 million to 24 not-for-profit and charitable organizations in Niagara.

"The Ontario Trillium Foundation's grants have a positive economic impact on Ontario communities," Aileen Carroll, Ontario Minister of Culture, said in a news release.

"This funding supports the government's efforts to foster growth by helping people and communities to capitalize on their existing strengths and build for the future."

Peter Hammond, chair of Niagara's grant review team, said recipients will use their grants to "seize opportunities available in our communities and make a significant difference during tough economic times."

Local grants include:

- Royal Canadian Legion Branch 613 in Fontheil will receive \$8,700 to construct fully accessible washrooms in its Regional Rd. 20 facility.
- Alzheimer Society of Niagara Region will receive \$50,000 over 15 months to develop and pilot an activity program for individuals with early stage dementia.
- Early Childhood Community Development Centre will receive \$132,100 over two years to support children's early numeracy development by providing early math skills and training kits for trained child care workers and community volunteers to use at 150 licensed child care centres in Niagara.
- Adolescent's Family Support Services of Niagara, based in the old YMCA building in Welland, will receive \$45,400 over six months to repair its roof.

Continued

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■ **PELHAM CARES:** Holiday feasts – and toys, too – stuffed into hampers for the community's less fortunate



Left: Norm Recchia moves food to sorting tables during the preparation of Christmas food hampers at the Fenwick fire hall. Top middle: Colleen McCarthy, co-ordinator of the hamper program, sorts food donations and checks expiration dates. Top right: Myrna Angle, left, and Evelyn Martinak begin the process of preparing food hampers. Bottom right: Ryan Boudens of Miller Restoration Ltd. Disaster Kleenup delivers food and a \$1,000 cheque to Betty Brown, Pelham Cares client services co-ordinator. The donation was raised during a "girls night out" involving family, friends and clients along with local vendors. Bottom middle: Kevin Ker, at left, of KCMS, a crop management service, presents \$500 from the company and himself to Brown and Pelham Cares volunteers Judi Postman and Peter Tokar.

WAYNE CAMPBELL Staff Photos

Ensuring no one goes hungry at Christmas

WAYNE CAMPBELL
PelhamNEWS Staff

Bags and bags and bags of food from four schools and a retirement community flowed into the Fenwick fire hall last Wednesday.

A crew of Pelham Cares volunteers sorted cans, boxes and bags according to contents while checking expiration dates.

Rows of tables labelled with signs – peas, beans, rice, corn, pasta – quickly filled with boxes of sorted food.

As the day went on, volunteers would fill Christmas hampers for nearly four dozen families in need of help this season.

"We will have it all done today. Tomorrow the families will start picking up the hampers," program co-ordinator Colleen McCarthy said as she knelt over boxes of cans and sorted them into other boxes.

She was interrupted to answer questions and clarify procedures by members of a crew of volunteers scattered throughout the

meeting room of the Canboro Rd. fire hall.

"It goes along pretty smoothly," she said.

One of the biggest chores was to check best-before dates of food items to meet health regulations. There is no standard system for companies to follow when they put on the dates.

"They use bar codes, some put the day first, some the month, others the year," McCarthy said.

Volunteers are getting familiar with the date styles of various

companies, she added.

They also watched the expiry dates to ensure nothing gets wasted at Pelham Cares, she said.

Items that look close to expiring are sent to the Hope Centre and Open Arms Mission in Welland where they will be used sooner by their larger numbers of clients.

Throughout the morning, volunteer drivers picked up food donations from A.K. Wigg, Glynn A. Green, Pelham Centre and St. Ann Catholic schools as well as Lookout Ridge Retirement Com-

munity.

Pelham Cares had 44 families registered to receive hampers.

"A few more usually come in before Christmas," said McCarthy. Hampers will also include toys and pet food collected by the Fonthill Volunteer Fire Association during its 20th annual toy drive.

Items not used in the food hampers will go to the regular Pelham Cares food bank.

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PelhamNEWS

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perspective



Wayne Campbell
 EDITOR

The next step

As you can see in today's PelhamNEWS, we have no shortage of seasonal generosity in Pelham.

Pelham Cares and the Salvation Army received more than enough to fill hampers with food, clothing and toys for income-trick families at Christmas.

For these families, it will take the sting out of not having enough money to celebrate Christmas in a way similar to their neighbours.

For a surprising number of them, relying on welfare and receiving hampers is a new experience. They were donors in the past.

We can talk all we want about statistics that show the economy is in recovery. It's meaningless prattle to many among us laid off a year ago. They haven't found another job yet. Their employment insurance payments have run out. They are relying on welfare.

They may still require retraining to do a part-time service job after years in well-paying full-time manufacturing work.

Some recovery.

In photos and stories throughout today's edition, schools, businesses, service clubs, churches, residence communities, firefighters, police groups, government workers and individuals found many ways to help.

It's the spirit of the season at its best. Everyone wants to help to ease the stress.

The giving and the expressions of good will make Christmas Day brighter for children and their mothers and fathers.

It will put smiles in their faces through the holidays.

Ahead as we roll into the new year, we must find ways to make each day more hopeful for those who have taken the blows.

comment

■ ST. ALEXANDER: Students adopt 10 families for Christmas hamper program



WAYNE CAMPBELL Staff Photo

St. Alexander Catholic School students load up vans last week with hampers for 10 families the school "adopted" for Christmas through the Salvation Army and Pelham Cares. From left front are: James Lawrence, Matthew Avakian and Alexander Dipolai; standing from left: resource teacher Lorena Levert, Marisa Battista, Kyle Cooper, Alyssa Griotti, Bianca Desrochers, principal Irene Ricci and Graeme Ciccarelli.

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FEWER AMERICANS VISIT

QMI Agency

NIAGARA FALLS — Fewer Americans came to visit Canada in October than in September, while the number of Canadians travelling to the United States was up slightly the same month, according to Statistics Canada.

Travel by U.S. residents to Canada fell 2.6% to 1.6 million in October, compared to the previous month. This was the first decline in four months,

the agency reported this week. Travel to the United States by Canadian residents edged up 0.1% to 3.3 million.

By contrast, travel to Canada from destinations other than the United States increased by 3.2% to 332,000 in October.

Travel to Canada by United Kingdom residents — Canada's largest overseas market — increased by 15.3% to 62,000.

Trips to Canada from Germany and Australia also posted double-digit gains.

Two-way cross-border car traffic at Niagara Falls bridges has been steady, said Brent Gallagher, of the Niagara Falls Bridge Commission.

"Auto traffic is holding its own or is creeping up. We're not in bad shape there," said Gallagher. "Trucking is down."

Meanwhile, the latest Tourism Performance Bulletin from Ontario's Ministry of Tourism shows occupancy at hotels in the province in September was 68%. That's down 2.1%.

Continuing to reduce poverty

This is my second column in a three-part series on the concrete actions that our government is taking to help give vulnerable Canadians a hand-up and get them back to work, and our plans to further deliver on our commitment to reduce poverty.

In my last column I took the opportunity to highlight the government's previous accomplishments, so this time I'd like to elaborate on some of our current initiatives.



Dean Allison
 MP'S VIEW

As the chair of the human resources, skills development and the status of persons with disabilities (HUMA) parliamentary committee, I had the opportunity recently to participate in a study on reducing poverty in Canada across the country.

This study took our committee to British Columbia, the territories, Alberta and Manitoba to meet with numerous individuals who have had a vast array of experience in dealing with the issue of poverty in the past. These individuals continue to assist our committee in providing recommendations on how government can best respond to this problem.

Some of the things that we heard from witnesses, including some that are based right in Ottawa, are similar to what the city of Hamilton's approach has been for the past few years with regards to poverty.

The City of Hamilton's roundtable on poverty reduction has been engaged in a "No Blame" approach in examining initiatives for poverty reduction, which means that they are encouraging all sectors of the community — and not simply government sources — to become engaged in creating a solution. So this means, not for-profit, businesses, etc., all working together towards a common goal.

One such non-government organization that I have had much experience with myself and whose support is the Pathways to Education program.

Pathways to Education Canada is a charitable organization created to reduce poverty and its effects by helping lower the high school dropout rate and increasing access to post-secondary education to disadvantaged youth in Canada.

One of the things that has been reiterated time and again in our HUMA poverty hearings is that quality, continuing education is a key aspect in the fight to reduce poverty in Canada.

See ALLISON | Page 5

■ **GLYNN A. GREEN:** Enjoying a cultural feast

WAYNE CAMPBELL Staff Photo

Education assistant Jennifer Jones serves Grade 2 students of teacher Todd L'Ecuyer, in back, during a seasonal feast at Glynn A. Green public school. The feast is part of a social studies program in which students were encouraged to bring items reflecting their cultural backgrounds.

■ **ALLISON**

Government assistance needed

FROM PAGE 4

I am pleased to see that non-government organizations are taking steps in this direction.

Obviously any approach to poverty reduction should include some government assistance as well, and our government is well aware of this reality.

In fact, the Canada - Ontario Affordable Housing Program Agreement, which includes funding through Canada's economic action plan and by the government of Ontario has contributed just more

than \$7.3 million to affordable housing projects for low-income seniors in the Glanbrook area.

Overall, I feel that what is being reiterated across the country to our HUMA committee is that regardless of what moves the government makes when planning initiatives to reduce poverty, it should above all be a multi-faceted approach that includes all sectors of our community to help those less fortunate.

Dean Allison is the Conservative MP for Niagara West-Glanbrook.

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■ KANDAHAR COFFEE FUND: St. Ann students rally for troops

Pouring support into soldiers' coffee breaks

WAYNE CAMPBELL
PelhamNEWS Staff

Grade 1 student David John Gillies helped out recently when he gave \$200 to Second World War veteran Jim Summersides before a branch meeting at the legion hall.

The money was raised by St. Ann Catholic school students through their annual Thanksgiving lunch. The Fenwick school of 163 students directs a donation to local charities.

The school's parent council provided turkey subs to all students who were interested free of charge.

In exchange for the Thanksgiving lunch it asked for donations that would be used for a care package for the troops. It was changed to the local Kandahar Coffee Fund.

Royal Canadian Legion Branch 613 has raised \$3,000 for its Kandahar Coffee Fund.

This is the third year of the fund and its best so far.

In each of the past two years, it raised \$2,000.

The fund is part of a morale boosting effort by the national Royal Canadian Legion. It collects money from local branches to assist Canadian soldiers.

Summersides and fellow Second World War veteran Doug Elliott came up with the Kandahar Coffee Fund title for the local fund raiser.

They said they remembered how much they appreciated gifts from



WAYNE CAMPBELL Staff Photo
David John Gillies, a Grade 1 student from St. Ann Catholic School, is about to give Second World War veteran Jim Summersides \$200 for the Kandahar Coffee Fund.

home when they served in the Canadian Army and Royal Canadian Air Force in the 1940s.

"There is nothing more Canadian than a coffee and a doughnut," said Summersides.

Branch 613 president Don Cotter estimated the \$3,000 could buy a coffee and a doughnut for about half the soldiers Canada has in Afghanistan.

The bulk of donations came during Remembrance Day ceremonies at the legion hall which honoured soldiers lost in Afghanistan, as well as those who died in previous wars.

The branch's Pelham Veterans Park committee included the names of three Niagara soldiers on new bricks added to the park this year.

wcampbell@wellandtribune.ca

■ A.K. WIGG

Wildcats prowls for more food

WAYNE CAMPBELL
PelhamNEWS Staff

A.K. Wigg's annual Christmas Challenge has become a seasonal tradition in central Fonthill.

The door-to-door food drive for Pelham Cares — students hit about 700 homes around the school — has caught the attention of neighbours.

"People start calling us at the beginning of December to find out when it is," said co-ordinator and teacher Marty Triano.

The drive is conducted within the Halton St. school's boundaries. Effingham St. is on the west, Tice Rd. on the north and Welland Rd. to the south. The eastern boundary runs along a line a couple of blocks west of Pelham St.

"We do surprisingly well considering it's just a week or so after the big Pelham food drive," said Triano.

The drive is handled by grades 6, 7 and 8 students, with parents driving vans, trucks and cars.

A week before collection, students delivered to homes



WAYNE CAMPBELL Staff Photo
A.K. Wigg Public School grades 6, 7, and 8 students line a hallway with food collected in the school's annual Christmas Challenge.

"Dear Neighbour" letters attached to bags.

The letter asked people "to add a few items to your grocery shopping list and place them in this bag" for front porch pick up last Wednesday morning.

On a cold morning, the students collected the food and took it to the school, where it was loaded into trucks and vans driven by Pelham Cares volunteers.

Pelham Cares then used the food to pack Christmas hampers for distribution

to at least 44 families.

Triano said the school has been busy with charitable activities. It participated in the Terry Fox run, raised money for the humane society, each class in the school adopted a family for Christmas, students donated to Koats for Kids and they set up a mitten tree for donating mittens and scarves.

"And we're only in the first half of the year," he said.

wcampbell@wellandtribune.ca

■ localbrief

MPAC GETS WRIST SLAP

PELHAM — Town councillors are slapping the Municipal Property Assessment Corp. on the wrist for not delivering supplementary tax rolls and property assessment notices in a "timely manner."

In a resolution, the town said rolls and notices usually begin arriving in June. This year they were not delivered until October.

ered until October.

"The town of Pelham lost interest income," Mayor Dave Augustyn said reading the resolution.

"The delay resulted in irate residents and frustrated staff," he said.

People who should have had reduced assessments through the supplementary tax rolls didn't receive them until later.

"Overtime was incurred by the

Town of Pelham to prepare the necessary supplementary tax bills and PRAN notices (Post Koll Amended Notices) due to the time constraints of receiving notices," the municipality said.

Town council is asking the province to direct MPAC to prepare and deliver to the municipalities of Ontario the supplementary tax rolls and PRANs "in a timely manner."

Wishing you and yours a very

Merry Christmas

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■ RECIPE

Hollandaise sauce



Ruth Nixon
WHISKING
WITH RUTH

Without fail every Christmas morning at the Nixons, there is a flurry of activity in the kitchen while eggs benedict is made.

We have had our kitchen catastrophes over the years, but as time has gone on we have perfected the art of making hollandaise sauce.

It is rich and buttery with a slight lemony tang. Oh so good.

It is difficult to make and hold hollandaise sauce so timing is everything — or so I thought.

I discovered the simplest trick: a clean, well-insulated thermos. Just pop your sauce in and seal the lid. It will hold beautifully while all your eggs poach, your bacon sizzles and your muffins toast.

Merry Christmas.

Serves 6

1 cup butter, melted

3 tbsp lemon juice, room temperature

8 tbsp water, boiling (I just put the kettle on and keep it next to me)

6 egg yolks

Do not leave the stove for even a second.

This requires your undivided attention.

Using a double boiler, (or just a stainless steel bowl over a pot of simmering water), whisk the egg yolks until they begin to thicken, about 2 minutes. Add 2 tbsp boiling water and continue whisking. Slowly drizzle in the remaining 6 tbsp of water while continuing to whisk. Do not pour it all in at once or you will have scrambled eggs!

Drizzle in the lemon juice and continue to whisk for another 30 seconds.

Remove the double boiler from the heat and continue to whisk well. Drizzle in the melted butter while whisking. Beat the sauce until thick and well emulsified.

Season with salt and cracked black pepper.

Serve immediately (or hold in a thermos) over poached eggs with smoked salmon, bacon or ham atop a toasted English muffin.

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■ ON A MISSION FOR FOOD: Glynn A. Green students get behind needs of Pelham Cares



WAYNE CAMPBELL Staff Photo

Far left: Glynn A. Green Public School students Jeremy Colangelo, Claire McCloy and Hannah Hennessy help Pelham Cares volunteers load food into a truck. Left: The Kids Helping Kids club gather around the school's Christmas tree with food donations brought in by students and parents to donate to Pelham Cares and its Christmas hamper drive. Club members include students from Grade 1 to 5. To encourage food donations for Pelham Cares the made school announcements and put up posters.

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■ localbrief

BALL DIAMOND BEING RELOCATED

PELHAM — Town council's general committee agreed to hire AECOM Canada for engineering services for the relocation of ball diamond 2 at Central Park in Fenwick.

The diamond is being moved to create space for a proposed parking lot.

Ward 1 Coun. Jim Lane said if the parking lot was necessary now that there will be additional parking at a new Fenwick fire hall it will be built beside the park. People coming to exercise on the diamond should be able to walk from a parking lot, he said.

Kelly Walsh, director of community and infrastructure services, said the parking at the new fire hall will be filled when the fire hall is in use by firefighters.

Current users of the diamond are aware it will not be available for use in 2010. He said the work will not be completed until into the summer.

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■ ACCIPITER: Technology to detect bird hazards

Fonthill radar company
lands fighter wing contract

WAYNE CAMPBELL
PelhamNEWS Staff

Accipiter Radar of Fonthill will supply the busiest fighter wing in Canada — 4 Wing Cold Lake, Alta. — with the first permanently deployed bird radar unit in the country.

Through a contract with the Department of National Defence, its radar will be used to carry out the development of the base's airport bird-hazard risk assessment process which Cold Lake has contracted to Falcon Environmental Service.

For Accipiter, which has its bird radar systems at commercial and military airports across the United States, this is its first such Canadian contract.

"We're certainly happy about this," said Carl Krasnor, vice-president of business development.

The company has systems at Chicago's O'Hare airport, New York's JFK airport and Seattle Tacoma airport. It also has it at military bases across the United States.

4 Wing Cold Lake is developing a risk-assessment process in accordance with Transport Canada guidance, in an effort to mitigate the threat of bird strikes to aviation safety.

Transport Canada also wants to ensure sustainability of the area's wildlife habitat and, assess risks associated with encroaching land use development.

The radar system will be useful in a variety of other environmental studies planned for 4 Wing Cold Lake.

Accipiter president Tim Nohara said this is an exciting first in Canada "4

Wing Cold Lake has shown tremendous foresight in the use of leading-edge technology, and we are delighted to be a part of this milestone in aviation safety."

Accipiter, which has its head office and operations centre in a converted greenhouse on Regional Rd. 20 near E.L. Crossley Secondary School, operates a radar system at the peak of the Fonthill Kame.

Accipiter and Falcon are North American leaders and innovators in their respective fields, with clients from government agencies and the private sector.

"We look forward to working with Cold Lake and Falcon on this project" Nohara said.

The Accipiter Avian Radar is expected to be delivered to 4 Wing Cold Lake in the spring.

Accipiter Radar drew international attention after a commercial airliner was forced to land on the Hudson River in New York City.

Its engines failed after hitting a flock of geese.

Krasnor said birds around airports is a longstanding problem. The company found increasing interest in its detection systems after the incident, since dubbed Miracle on the Hudson.

Accipiter has been successful in selling its security radar systems that detect small objects, people and animals in Canada and the U.S., he said. They are in demand for border security, environmental studies and protection of installations such as power and nuclear plants.

wcampbell@wellandtribune.ca

CHRISTMAS CHURCH SERVICES

FONTHILL UNITED
CHURCH

Dec. 24 — Candlelight communion service at 8 p.m.

HOLY TRINITY ANGLICAN
CHURCH

Dec. 24 — Holy Eucharist, with young families in mind, at 5:30 p.m. Holy Eucharist at 11 p.m.

Dec. 25 — Holy Eucharist at 9:30 a.m.

ST. ALEXANDER ROMAN
CATHOLIC CHURCH

Dec. 24 — Mass at 5 p.m. (children's program at 4:30 p.m.), Carol singing, readings 8 p.m., mass at 8:30 p.m. Carol singing, readings 11:30 p.m. fol-

lowed by midnight mass.

Dec. 25 — Mass at 9 a.m. and 11 a.m.

Dec. 31 — Mass at 5 p.m.

ST. ANN'S ROMAN
CATHOLIC CHURCH

Dec. 24 — Christmas Eve family mass (for families with young children) 5 p.m. Mass during the night (midnight Mass)

Dec. 25 — Mass at 10 a.m.

PELHAM COMMUNITY
CHURCH

Dec. 24 — Family service at 4 p.m. Lessons and carols at 7 p.m. Communion service at 9 p.m.

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Daria Zmijewsky
Director of Advertising

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■ **START UP AWARD:** Canadian woman entrepreneur of the year

Bond among business best

WAYNE CAMPBELL
PelhamNEWS Staff

Julie Bond, a Wainfleet woman who went to the big city, walked away with a national business prize.

She won the 2009 RBC Canadian Woman Entrepreneur of the Year Start-up Award.

"It's huge. I'm so happy," she said in a telephone interview from her Bond Consulting Group office in Toronto earlier this month.

She was one of three finalists for the award which drew nominations from across Canada.

"It's a great honour for all of us in this company," she said.

Her five-year-old tax consulting company employs 15 people.

It helps companies work through complicated applications for the federal Scientific Research and Experimental Development (SR&ED) tax incentive program.

The gala dinner held at the Fairmont Royal York Hotel included major business leaders and stars of the CBC business reality television program *The Dragons Den*.

Bond received a Tiffany gold pin and signed letter from Prime Minister Stephen Harper.

She said the awards program is important as an incentive and inspiration for women in business.

"Women don't get enough media attention as CEOs and presidents," she said.

Events such as this show women they can successfully aspire to higher levels of business, she said.

"Everyone needs role models, everyone needs mentors, everyone needs examples," she said.

In days after the awards, Bond received phone calls and e-mails of congratulations from her more than 200 clients.

At the award gala she did media interviews.

"I'm a tax consultant and not used to talking to the media," she said.

In her acceptance speech, she said she mentioned Welland and Wainfleet.

"Canada is a great country where a small town girl like me can go to one of the best universities in Canada. Indeed one of the best universities in the world," said the University of Toronto graduate.

"Every woman has a chance to succeed," she said. "The harder you work the luckier you get."

There is a lot out there but it depends on working hard, studying hard and dedicating yourself to what you do, she said.

"I would like to encourage women to seek out local colleges, to seek out local mentors and to seek out opportunities," she said.

"And be prepared to take a little risk."

Bond said she spent four years outside of Canada living in Germany, Mexico and the United States.



Supplied photo

Julie Bond, the 2009 RBC Canadian Woman Entrepreneur of the Year Start-up Award winner, and graduate of E.L. Crossley Secondary School, celebrates with her partner Lee Pecori at the awards gala in Toronto.

"I came back to Canada in 2002 because I learned first hand I had more opportunities in Canada," said the former William E. Brown elementary student and E.L. Crossley Secondary School graduate.

In her business, she said she is dedicated to making companies aware of the SR&ED program.

More than two-thirds of companies who are eligible for the research and development aid don't apply, she said. The tax refund can make the difference between making and breaking a company.

"A company with only one employee could qualify for this government assistance," she said.

Three years after she launched

her company, Bond landed on *Profit* magazine's Hot 50 in 2008, and was recognized as one of the fastest growing firms in Canada. She continued the company's growth which resulted in being included in the 2009 *Profit* magazine's Hot 50 again.

In October she was nominated as one of three finalists for the Deloitte Start Up Award, part of the 2009 RBC Canadian Woman Entrepreneur Award.

The selection process included submitting the most recent three years of financial statements for review for consistency of information, good financial practices and financial strength of the company.

This was followed by a site visit

and reference checks.

The RBC Canadian Woman Entrepreneur Awards Dinner was held in Toronto on Dec. 8.

Bond's company has recovered more than \$20 million in government refunds for its clients. It currently serves about 200 corporate clients, most proud her 100% success rate, she said.

wcampbell@wellandtribune.ca



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sports

■ **HIGH SCHOOL ROWING:** Crossley crew takes to the machines

RowingCanada salutes Cyclone stars

BERND FRANKÉ
Tribune Staff

PELHAM — Name one of the two S's that added together total "speed" on the water in high school rowing at E.L. Crossley.

Here's a hint, it's not "satisfied," nor will it ever be "sedentary."

If Cyclone crew members ever rest on their team's considerable laurels, if they ever stop at all, such a break at most would be a moment equally split between reflection for a job well done and resolve to top that the next time out in the boat.

There's always a next time at E.L. Crossley, where time is measured in milliseconds and where "stamina" combined with "strength" to equal "speed" and that allusive fourth S: success.

Anna Ionsen had just returned home to Welland from RowingCanada's annual banquet in Vancouver after receiving the Bobby Pearce Award as Canada's junior sculler of the year.

While that's a remarkable achievement for a rower who is only a year-and-a-half removed from being a novice, the satisfaction of being regarded as tops in her class nationally didn't keep the 16-year-old daughter of Mike Ionsen and Karen Bonham-Ionsen out of the erg and weight room at Crossley.

Seated alongside her on an ergs, which are indoor rowing machines, were crewmates Derek Makken and Mark Ventresca, who were recognized at RowingCanada's awards night for winning gold in the junior men's pair at the national championships in London, Ont.

"It's really easy to get out of shape in rowing. The sport is so competitive," Ionsen said when asked why she wasn't taking more time to reflect on a successful season on the water.

Make that, a very successful season.

In addition to winning gold medals in the junior B women's single and junior B women's quad at the Royal Canadian Henley Regatta, Ionsen set the gold standard in the junior women's single at the Schoolboy Canadian high school championships as well as in the junior A women's single at the U.S. Club Nationals.

Resume entries for 2009 also list three gold medals at the RowOntario provincial championships, a third-place finish in the youth women's coxed four at the prestigious Head of the Charles race in Boston as well as selections to row for the junior national team at the CanAmMer North American championships in Oakridge, Tenn., and at the junior national team



BERND FRANKÉ Staff Photo

Who needs water to row? Off-season training at E.L. Crossley includes working on ergs, to increase cardiovascular fitness and stamina, and weightlifting to increase strength. While head coach Pat MacNally finds a "definite complement" between rowing and other sports, such as basketball and soccer, many rowers become one-sport athletes because of the time and training commitment involved in competing at top levels at the high school and club levels.

training camp in Shawngnan Lake, B.C.

After some thought, she ranked the gold in the junior women's quad at the Henley as her time-capsule moment for 2009.

"That had to be the best because it was a team award. We all got to share the moment with a great crew," said Ionsen, whose seatmates on the boat included Aleka Kawalek, Megan Oininen and Quinn Vos.

Her gold in a single at this year's Henley, while equally special, was also bittersweet. Wearing South Niagara Rowing Club colours, Ionsen "barely won" that race, beating out Kayla Wukitch, a close friend competing out of the St. Catharines Rowing Club.

"It felt good (winning the gold), yet at the same time I felt sad for Kayla. I could imagine how disappointed she must have been feeling."

For all her success this year, Anna Ionsen wasn't even a busy on RowingCanada's radar screen when she began her high school rowing career as a Grade 10 student at Centennial. Ionsen, who has since switched high schools, recalling having to "play catchup" since Centennial didn't have

a rowing team during her first year at the school.

Describing one of the newest members of the Cyclone crew as a "disciplined and talented athlete," Crossley rowing coach Pat MacNally said Ionsen did more than "play catchup."

"To accomplish what she's done in only a year and a half is just incredible. She has an enjoyment and a passion for the sport, and she's very eager to train," MacNally said.

Staying on the subject of training, MacNally isn't surprised that accomplished rowers like Ionsen, Makken and Ventresca don't put off their off-season training by taking a long break after the conclusion of the competitive season in November.

While building up the cardio-vascular system on the ergs and strength in the weight room at Crossley seems like a lot of hard work, which it is, "It can also be a lot of fun."

"There's a social aspect to rowing, because they get to work out with their friends," MacNally said.

"When they're on erg, they're on their own. But they're not alone, they are surrounded by their friends."

Success also breeds success to the point of the student athletes wanting to build on their accomplishments.

"They really have a desire to do well. When they see themselves succeeding, they get excited."

Ventresca is living proof that student can breed success off the water in rowing. Now a 12th student in his final year of high school at Crossley, the Pelham resident tipped the scales at 240 pounds in Grade 9.

"I wasn't really fit or fast before I got into rowing," recalled the 18-year-old, who shed 60 pounds during his year rowing at Crossley. "I put in the time (in training) and I learned how to take care of myself."

Makken wasn't out of shape when he came to Crossley, just out of sports.

"I was just never into a lot of sports. People were always better than me," Makken, who also is in 12B, said.

That reluctance to spread his wings athletically didn't make him immune to catching the rowing bug from older sister Veronica, who enjoyed a successful rowing career at Crossley. "I'm always active and in shape, but she got me into rowing," the 18-year-old Wainfleet resident said.

Despite their different introductions to the sport, Makken and Ventresca are in the same boat when it comes to winning on the water.

Together and as members of a larger crew they have rowed to three gold medals for the South Niagara Rowing Club at the Henley — double, pair and junior quad.

In one race at this summer's Canadian championships at Maritonde Pond in St. Catharines, the finish was so close — not to mention, so less than clear cut — that the disappointed pair was already 150 metres on the way back to the boathouse when the decision awarding Ottawa the gold was overturned.

"When they announced that we had actually won, we just stopped and threw our arms into the air," Ventresca said in savouring the special moment.

"That was a roller-coaster (of emotions)," Makken said in agreement.

Or maybe it was a whirlwind of emotions, like a cyclone, a Crossley Cyclone.

sports@wellandtribune.ca

localbriefs

TOWN HALL REOPENS IN 2010

Pelham's town hall will be closed for the holiday season starting today.

It will reopen on Monday, Jan. 4. Chief administrative officer Martin Yamich said staff will be available for

emergencies such as water line breaks.

HST AFFECTS INSURANCE

The Harmonized Sales Tax that comes into effect next July is already affecting Pelham.

It was one of the reasons Frank

Cowan Co. Ltd. gave for a 76% increase in the town's 2010 insurance premiums. The \$22,055 increase will impact on the 2010 operating budget, said the town's financial services director, Carl Pupo.

The insurance company also cited

larger damage awards, increased costs of defending claims, an increase in class action lawsuits and liability claims as reasons for premium increases next year.

Pupo said some organizations are facing increases as high as 45% this

year, making Pelham's hike relatively low in comparison.

Town council's general committee recommended acceptance of the insurance program.

The town reviews its insurance coverage each year.

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AROUND TOWN

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WEDNESDAY, JAN. 6

ST. CATHARINES NEWCOMERS CLUB invites women of all ages new to the Niagara area to join us at the Heidehof, 600 Lake St., St. Catharines at 7:30 p.m. Call Pat at 905-937-

9889 or Gwen 905-641-9816.

MONDAY, JAN. 11

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Around Town is a coming events service for non-profit groups in Pelham. Please make submissions by e-mail to pelhamnews@wellandtribune.ca or by fax to 905-732-3660.



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BEGINNERS' TAI CHI

Tai chi classes with Nancy Elkin, a registered physiotherapist. Great for improving balance, co-ordination and overall movement. Please wear comfortable clothes and soft-soled shoes. Space is limited. Classes run Monday, Jan. 4 to 25, 12:30 p.m. to 1:30 p.m., \$20 per session. Please register ahead.

PHILOSOPHERS' CAFE

Explore the ethical issues around euthanasia. While participating in a small group, you will defend an assigned point of view. You will also have time to defend your own viewpoint. Takes place Tuesday, Jan. 5, 7 p.m. to 9 p.m. Cost is \$1. Please register ahead.

GENTLE MOVEMENT AND DANCE-BASED EXERCISE:

Warmup, light cardio, cool down and stretching. Dress for

comfort. Bring a mat and running shoes. Cost is \$40 for eight classes. Register ahead. Wednesday, Jan. 6, to Feb. 24 from 11:45 a.m. to 12:45 p.m.

BEAT WINTER BLAHS WITH YOUR TRAVEL "BUCKET LIST":

Cruise Holidays Niagara in Pelham will present some great travel ideas. What are the places you must see before you "kick the bucket?" Dream big without breaking the bank and Pam will introduce destinations that will fit your budget. Also hear about some unique cruise ideas. Thursday, Jan. 7, at 7:30 p.m. Cost is \$2 a person. Please register ahead.

DIGITAL PHOTOGRAPHY

Award-winning nature photographer Peter Ferguson shares some of his secrets. Cost is \$5 per session. Please register

ahead.

Introduction to Photoshop for Digital Photography: learn how you can enhance your photos with this powerful tool. Saturday, Jan. 9, 1 p.m. to 3 p.m.

Creative Slide Shows: See how easy it can be to showcase your work by adding music and effects for an impressive multimedia show. Saturday, Jan. 16, 1 p.m. to 3 p.m.

RETURN TO ALGONQUIN

Award-winning nature photographer Peter Ferguson returns to the Pelham library with a new presentation of vibrant scenes and a rare look at the wildlife in Algonquin Park. Monday, Jan. 11, at 7:30 p.m. Cost is \$2. Please register ahead.

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